

# The Back Page

## Worship Services

Sat. 6 p.m. – Catholic Mass  
 Sun. 8 a.m. – Gospel Service  
 Sun. 11 a.m. – Catholic Mass  
 Sun. 1 p.m. – Latter Day Saints  
 Sun. 3 p.m. – Protestant Service  
 Sun. 5 p.m. – Gospel Service  
 Sun. 8 p.m. – Gospel Service

## Bible Studies

Mon. 7:30 to 9 p.m. – Christianity/Islam  
 Comparative Bible Study  
 Wed. 7:30 to 9 p.m. – Egypt in the Bible

## Step Aerobics, body shaping

SrA. Ann Mitchell and SSgt. Tammy Roth, 75th Expeditionary Support Squadron, are back in action bringing their fitness regiment to Cairo West. Roth conducts step aerobics from 6:30 to 7:30 p.m. Mondays, Wednesdays and Fridays. Mitchell brings back her "Ann's house of pain" with body sculpting from 6:30 to 7:30 p.m. Tuesdays, Thursdays and Saturdays. Classes are conducted at the MWR by the revetment.

## 9-1 Dining Facility Menu

**Today** – Breakfast: Variety of previous meals. Dinner: Chicken breast, tater tots and peas.

**Tuesday** – Breakfast: Sausage and western omelet. Dinner: Hamburger and beans.

**Wednesday** – Breakfast: Omelet, waffles and hash browns. Dinner: Lasagna and green beans.

**Thursday** – Breakfast: Scrambled eggs and creamed beef. Dinner: Beef noodle and mixed vegetables.

**Friday** – Breakfast: Ham slices, eggs and potatoes. Dinner: Spaghetti

## "Culture Clips on Egypt"

q The world-famous *Egyptian Museum* has more than 100,000 relics and antiquities in its collection. This Cairo cultural icon is so well known (King Tut's treasures, etc.) that it's simply called *Al-Mathaf*, "the museum." The collection was gathered by Auguste Mariette and put under one roof in Bulaq in 1858. The collec-

tion moved to its current location in 1902. An enduring urban legend has it that the museum basement has so many uncatalogued artifacts that archaeologists will have to excavate its contents when the long-awaited new museum is built!

q *Canopic jars* were pottery jars that held the embalmed internal organs

and viscera (liver, stomach, lungs, and intestines) of the mummified pharaoh and others dignitaries.

q *Natron* is a whitish mineral of hydrated sodium carbonate that occurs in saline deposits and salt lakes and acts as a natural preservative. It was used in ancient Egypt to dry out the body during the mummification process.

q *Hieroglyphs* were used in the ancient Egyptian form of writing (and also on our cartouches). What you may not have realized is that these pictures and symbols were not strictly letters in an alphabet, but represented objects, words, and sounds. (Source: *Lonely Planet's "Egypt," Fifth Edition, 1999*)

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## Weather highlights

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All weather temperatures are reported in degrees Fahrenheit

The National Oceanic and Atmospheric Administration released their outlook for winter 2001-2002. This winter is expected to be much like winter 2000-2001, which was the coldest in the last 100 years. For specific regional areas, the northern plains, Great Lakes, and northeast are expected to be colder than normal, the southwest is expected to be warmer, and the southeast is expected to be drier.

## 85 F Qui Web

with meatballs and green beans.

**Saturday** – Breakfast: Pork sausage, eggs and waffles with blueberry. Dinner: Teriyaki chicken, rice and corn.

**Sunday** – Breakfast: Creamed beef, omelet and potatoes. Dinner: Chili, rice and corn.

## Movies

Movies are shown nightly at 7:30 p.m. at the revetment. The Morale Welfare and Recreation Center offers sports programming when available on the big screen.

**Today** – Bring It On

**Tuesday** – Traffic

**Wednesday** – The Replacements

**Thursday** – Bounce

**Friday** – Scream 3

**Saturday** – The Art of War

**Sunday** – Final Destination

**Commander's Call -- Thursday 8 p.m. in the MWR Revetment**

